

MONTGOMERY COLLEGE LIFELONG LEARNING INSTITUTE

Course Schedule | Summer 2024



The Lifelong Learning Institute is committed to creating intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. Adults of any age may register for these class: Students 60+ pay fee only.

Workforce Development and Continuing Education
montgomerycollege.edu/wdce | 240-567-5188



Dear Students and Community Members,

Welcome to the Summer Semester 2024!

We enjoyed a very strong attendance in the Spring Semester's on-campus and on-line classes.

We are excited to offer a robust and diverse schedule of classes. In response to students' interest in current events, there are substantive and impartial courses to choose from, such as International Politics and Social Issues, Insight Into the Upcoming Social Elections, China Today, Global Megacities, and more.

Literature lovers, get inspired by the best poetry from around the world in the Appreciating Poetry class, read the greatest novellas, and discuss the stories that will keep you guessing and surprised in Twist and Shout! Short Stories with Surprise Elements: if you are an aspiring writer, take the class, Writing the Short Story.

Keep fit through the Summer with courses in Gentle Water Fitness, Building Bones and Muscle Strength, Gentle Yoga for Mood and Strength, and wow your friends with your Line Dancing moves.

Additionally, explore the wonders and rich history of Montgomery County with classes, such as Potomac, a History of the River and the Land, Understanding and Protecting Chesapeake Bay Watershed, and Exploring the National Parks of the Washington D.C. Metro Area.

To offer you a sample of the Summer Semester courses and an opportunity to meet our instructors, please join us for the Taste of the Lifelong Learning Institute Open House.

The Open House will take place on Friday, May 3, 2024 10 a.m.-1 p.m. at the Mannakee Building, 1st Floor, 900 Hungerford Drive, Rockville. Enjoy attending free mini-lectures, exercise, and cooking demo classes.

See you at the Open House.

Sincerely,

Natasha Sacks, M.S., NCC, LCPC

Lifelong Learning Institute Program Director

Virtual Face-to-Face in Real-Time!

LLI Classes are being taught in classrooms and online with Zoom

LLI classes will be taught in-person and through virtual face-to-face using Zoom. Zoom allows students to hear and see the instructors as they present their classes.

Missing Your Zoom Link?

Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. If you do not receive your link, please check your spam folder. If it is not there, email both of us, the day before your class starts.

eric.scharf@montgomerycollege.edu
or call Customer Service at 240-567-5188.

To take the Zoom classes you will need a working microphone built into your device or headphones with a microphone. Or you can use the free phone conference feature. Visit:

<https://zoom.us/download> and download the Zoom application onto your computer. We recommend that you do this in advance to make sure all your computer components are working.

Update Your Email and Contact Information

Please contact customer service (240-567-5188) to update your email address or other contact information so you can receive the classroom instructions. Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. Please email us, the day before your class, if you do not hear from the instructor.

eric.scharf@montgomerycollege.edu

Day Designation

M	Monday
T	Tuesday
W	Wednesday
R	Thursday
F	Friday
S	Saturday
U	Sunday

Key to Codes

TWA	Senior Tuition Waiver Applies
NMR	Non-Maryland Resident
CoL	Colisted

Archaeology and World Cultures

A Taste of Middle East Food: A Crossroads of Arab, Jewish & Persian Cuisines **NEW!**

From hummus and tabbouleh to kunafa & halva the food of the Middle East is a crossroads of Arab, Jewish, and Persian culinary traditions. This is a tour of the history, taste, and fusion of culinary flavors that make up the ever-popular dishes of the Middle East. Explore from the well-known (pita, babaganoush & falafel) to the less well-known (muhammara, kofta & labneh). Learn how these unique dishes and traditions emerged and how over time the crossroads of cultures created a unique culinary fusion. Discuss how contemporary Middle Eastern food has changed with globalization. TWA

Course: LLP171 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Rockville Campus 103MK

CRN#: 41503 4 Sessions T
6/4-6/25 1:30 p.m.-3:30 p.m.

Online: Structured Remote

CRN#: 41504 4 Sessions T
6/4-6/25 1:30 p.m.-3:30 p.m.

Instructor: Naomi Daremblum

Exploring The National Parks

Content: National Parks of the Washington, D.C. Metro Area

The Washington, D.C. metro area hosts a complete collection of national parks that includes iconic monuments, memorials, and natural habitats. But did you know there are several lesser-known national park sites that are just a day trip away? Join your instructor, a 36-year career National Park Service employee, to discuss the history of the parks of the D.C. metro area and how they came to be part of the national park system. Examine well- and lesser- known parks of the D.C. metro area and learn the best method to plan your next visit. TWA

Course: LLI166 8 Hours

\$59 + \$79 fee = \$138; NMR add \$120

Hybrid (Online & Face to Face)

CRN#: 41596 4 Sessions R
5/16-6/6 2 p.m.-4 p.m.

The class on 6/6 will meet in one of the Washington DC or Montgomery County parks. Location will be specified by the instructor.

Instructor: Steve Pittleman

Art

Acrylic Painting: Basic Techniques

This course is designed to introduce the basic elements of painting to students with little or no experience, while working to attain an understanding of the painting medium. Utilize acrylic colors to explore the many ways paint can be handled, as well as how to prepare materials. Practice color, light, transparency/impasto, and composition through in-class exercises to learn to translate concepts into visual images. Bring supplies to first class. Supply list is available on the LLI website. TWA

Course: LLI247 12 Hours

\$95 + \$92 fee = \$187; NMR add \$120

Rockville Campus 009 SB

CRN#: 41598 6 Sessions W
6/12-7/31 10:30 a.m.-12:30 p.m.

No class 6/19, 7/3

Instructor: Tatiana Martin

Amazing Photos with Your Phones and Tablets

Start with the basics of learning how to use a mobile phone camera; review the settings for optimal image capture; and explore pro tips and techniques of exposure, composition, and focus to produce the best results. Assess a select group of apps for image capture, processing, and display. Practice ways of transferring images from your mobile device to a computer. This class is designed for users of iOS and Android mobile devices. Some apps demonstrated may need to be purchased. Purchase of these apps are approximately \$20. TWA

Course: LLI471 8 Hours

\$59 + \$79 fee = \$138; NMR add \$120

Online: Structured Remote

CRN#: 11816 4 Sessions W
7/10-7/31 6:30 p.m.-8:30 p.m.

Instructor: Michael Koren

OPEN HOUSE!

Join us on for an Lifelong Learning
Open House

May 3 from 10 a.m.–1 p.m. at the Mannakee
Building, 1st Floor, 900 Hungerford Drive,
Rockville, Maryland.

Enjoy attending free mini-lectures, exercise, and
cooking demo classes.

How to Paint Like an Impressionist

This course will introduce you to the Impressionist movement and explain how it came about. Discuss the historical context, style, and inspiration for the movement. Explore techniques such as pointillism, impasto, use of palette-knife, layering, and Impressionist use of color. Apply these methods with individual instruction to create your own Impressionist painting with watercolor or acrylic. Supply list is available on the LLI website. TWA

Course: LLI652 12 Hours

\$95 + \$92 fee = \$187; NMR add \$120

Gaithersburg Business Training Center 442

CRN#: 11815 6 Sessions R

6/27-8/8 10:30 a.m.-12:30 p.m.

No class 7/4

Instructor: Tatiana Martin

Landscape and Cityscape Photography

Learn the fundamentals of taking photographs of outdoor scenic spaces including both city scapes and classic landscapes. Develop compositional and exposure techniques for creative framing and dealing with tricky lighting situations. TWA

Course: LLI937 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Online: Structured Remote

CRN#: 41621 4 Sessions M

6/3-6/24 6:30 p.m.-8:30 p.m.

Instructor: Michael Koren

Pencil Drawing: Nature **NEW!**

This course is the beginning/intermediate level of the pencil drawing class. It is designed to develop students' skills in identifying and implementing proper drawing and shading techniques while learning to draw flowers, plants, trees, and animals. and landscape scenes. Photographs will be used. Individual guidance is essential in the learning process and will be provided during each class to ensure personal growth. TWA

Course: LLP175 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Rockville Campus 104MK

CRN#: 41510 6 Sessions M

5/13-6/24 10:30 a.m.-12:30 p.m.

Instructor: Tatiana Martin

Quilting for Beginners

Have you always wanted to learn to quilt? Not only is quilting fun and a chance to enjoy socializing with others, but studies have found that pursuing such creative passions can help improve your brain. Learn to select fabrics and colors, make templates, mark, cut, and sew blocks with a basic running stitch, press, arrange, and assemble blocks into a quilt top. After you measure, cut and attach borders, you will create the ever-popular Quilt Sandwich before completing your project by basting, quilting, and binding. This project is created entirely by hand, sewing machines are not required. Must have basic hand sewing skills. Supply list is available on the LLI website.

Course: LLI223 12 Hours

\$45 + \$54 fee = \$99; NMR add \$50

Rockville Campus 103MK

CRN#: 41599 6 Sessions W

6/5-7/24 1:30 p.m.-3:30 p.m.

No class 6/19, 7/3

Instructor: TBA

The Art of Pencil Drawing

Examine drawing as a fundamental artistic skill.

Experience and learn steps of drawing/sketching objects from photographs: still life, landscapes, and portrait.

Learn the drawing process of different objects, shapes, textures, while learning drawing and shading techniques in pencil media only. Instructor provides close individual guidance in class to ensure artistic skills growth. TWA

Course: LLI792 12 Hours

\$95 + \$92 fee = \$187; NMR add \$120

Rockville Campus 103MK

CRN#: 41604 6 Sessions T

6/4-7/16 10:30 a.m.-12:30 p.m.

No class 7/2

Instructor: Tatiana Martin

☆ Become a Star ☆

Showcase Your Work

Sketching, painting, drawing, photography, cooking, garden design, short literary sample, and more. Show others what you have accomplished in a Lifelong Learning Institute class. Email us photos of your finished project(s) along with a short description (plus your written permission to publish the project(s)) and become a LLI star.

Please email:

eric.scharf@montgomerycollege.edu

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Watercolor Techniques I

Explore the beauty and magic of watercolor painting through a structured series of exciting classes that focus on basic watercolor techniques. Learn techniques of various washes, 'wet-on-wet,' and dry brush on wet and dry paper by watching the instructor demonstrate before performing the technique yourself. Basic drawing will be reviewed as needed. Practice the techniques by painting from a still life or photo. Creation of an individual style is encouraged. Bring supplies to the first class. Supply list is available on the LLI website. TWA

Course: LLI609 12 Hours

\$95 + \$92 fee = \$187; NMR add \$120

Gaithersburg Business Training Center 442

CRN#: 41605 6 Sessions R

5/16-6/20 10:30 a.m.-12:30 p.m.

Instructor: Tatiana Martin

Art History

Peter Paul Rubens and the Splendor of Flemish Painting **NEW!**

Peter Paul Rubens, the preeminent artist of the Flemish Baroque, emphasized movement, color, and sensuality in his dramatic Counter-Reformation paintings. The class will examine his paintings and the most significant works of his contemporaries. Among other Flemish Baroque artists, you will look at Jacob Jordaens and the founding father of English portraiture, Anthony Van Dyck. Additionally, we will discuss the stylistic development of the Flemish Baroque. TWA

Course: LLP170 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Rockville Campus 104MK

CRN#: 41500 4 Sessions T

6/4-6/25 1:30 p.m.-3:30 p.m.

Instructor: Irina Stotland

The Classical and the Neo-Classical: Why do so Many Buildings Look Like Greek and Roman Temples? **NEW!**

Why do buildings such as the National Gallery of Art and the Supreme Court Building in Washington, D.C. look like the Pantheon and the Parthenon? You will explore the origins of the neo-classical revival in the 18th century that influenced a building style that spanned over two centuries. What part did Andrea Palladio (1508-1580) play in disseminating the designs of columns, capitals, and pediments that constitute neo-classical buildings? Which architects took up the mantle? You will look at the works of English architects, such as John Nash (Buckingham Palace), John Soane (country houses), and American architects, such as Benjamin Latrobe (U.S. Capitol) and Thomas Jefferson (Monticello). Interspersed with architecture, you will examine the furniture, art work, and interior designs that enhanced these buildings. TWA

Course: LLP166 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 101MK

CRN#: 41498 3 Sessions R

6/6-6/20 10:30 a.m.-12:30 p.m.

Online: Structured Remote

CRN#: 41499 3 Sessions R

6/6-6/20 10:30 a.m.-12:30 p.m.

Instructor: Ruth Manchester

Ukrainian Avant Guard in Paris: Sonia Delaunay, David Burluk, and Alexandra Exter **NEW!**

The early 20th-century Paris produced the avant-garde movement known as the School of Paris. A group of Ukrainian-born artists, Sonia Delaunay, David Burluk, and Alexandra Exter, became part of that group. Escaping the Russian Empire allowed them to become part of western modernism by connecting the innovations of their Parisian contemporaries, such as Picasso and Chagall, to their Ukrainian heritage. TWA

Course: LLP168 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Online: Structured Remote

CRN#: 11702 3 Sessions T

7/9-7/23 1:30 p.m.-3:30 p.m.

Instructor: Irina Stotland

Key to Codes

TWA Senior Tuition Waiver Applies

NMR Non-Maryland Resident

CoL Colisted

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Brain Fitness Institute

Mindfulness and Meditation—An Introduction **NEW!**

Are you interested in exploring meditation? Have you practiced in the past and would like to get back into a routine? In this course, engage in the basics of mindfulness meditation in a supportive and motivating learning environment. Explore various practices including mindfulness of the breath, body, and emotions and lovingkindness meditation that cultivates compassion for self and others. Gain resources that will help you establish and maintain your daily practice to manage stress at work and in daily life, and remain relaxed, focused, and centered. No previous meditation experience is required. TWA

Course: LLP176 5 Hours

\$59 + \$64 fee = \$123; NMR add \$120

Online: Structured Remote

CRN#: 41506 4 Sessions W

5/15-6/5 1 p.m.-2:15 p.m.

Instructor: Carol Moore

Unlocking the Power of the Mind Through Meditation

Allow your mind to turn inward and rediscover your true nature through the ancient practice of superconscious meditation. In this six-week course, you will learn the systematic practice of calming yourself in body and mind that leads to greater self-awareness. In this gentle, gradual entering within, you will have the opportunity to release accumulated stress and balance your metabolism. Recommended book: *Superconscious Meditation* by Justin O'Brien (Swami Jaidev Bharati), YES International Publishers, 2007. This class serves as training to reduce stress at work and in daily life and increase focus, and productivity. TWA

Course: LLP179 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 131PE

CRN#: 41512 6 Sessions T

6/18-6/30 9:30.-10:30 a.m.

No class 7/2

Online: Structured Remote

CRN#: 41515 6 Sessions T

6/18-6/30 9:30.-10:30 a.m.

No class 7/2

Instructor: Monica Byrd

Career and Employment Development

Career Exploration Boot Camp

What are you good at? What are your natural and work-related strengths? Discover and match them with career areas in which you would be most successful. Choose to apply your skills to your career or volunteering and other life opportunities. Engage in a series of insightful individual and group exercises and conduct research into career areas of interest to you. Draft your career plan while being supported through your career exploration stage by your classmates and career coach. TWA

Course: CRP013 12 Hours

\$45 + \$59 fee = \$104; NMR add \$120

Online: Structured Remote

CRN#: 41577 4 Sessions R

5/23-6/20 6:30 p.m.-9:30 p.m.

No class 5/30

Instructor: Jenny Hodges

Computers and Technology

Cloud Technology For Beginners (For people with a Non-Technical Background)

What is the cloud? Define what cloud computing is, what it supports, and how it's delivered. Explore the benefits and key concepts of cloud computing. Discuss when and where to use it, using appropriate industry models. Examine how hackers access your information and best practices to protect your personal information while using the internet. No prior experience needed.

Course: LLI785 2.5 Hours

\$20 + \$10 fee = \$30; NMR add \$30

Online: Structured Remote

CRN#: 41607 1 Session W

5/22 6:30 p.m.-9 p.m.

Instructor: Jasmeet Kaur

Please register early!

Class cancellations are processed at least a week before the start date due to low enrollments.

Computer Skills for Beginners

Gain confidence as you are introduced to various hardware, software, and storage devices. Define basic computer concepts and terminology. Learn to navigate the desktop or laptop, textboxes, windows, toolbars, and taskbars. Examine the Windows Control Panel to identify settings and customize controls. Explore files and learn to browse, open, and rename a file. Practice creating new folders, and to copy and move files into these folders. Use Microsoft Word to create, edit, and print out a document. Discuss email and web mail, including how to open and save email attachments. Explore the internet and learn how to find information. Learn steps you can take to be safe while online. *Prerequisites: keyboarding skills.* TWA

Course: LLI790 12 Hours

\$21 + \$78 fee = \$99; NMR add \$50

Gaithersburg Business Training Center 405

CRN#: 11872 6 Sessions W
7/17-8/21 1:30 p.m.-3:30 p.m.

Rockville Campus 105MK

CRN#: 41609 6 Sessions M
6/3-7/15 1:30 p.m.-3:30 p.m.

No class 7/1

Instructor: Chiquita Sorrels

Computer Skills: Beyond Beginner

The class will cover the next level of Windows functions—organize files and folders, search for items on their computers, and how to protect the computer from malware. Using MS Word, students will continue exploring the Word interface, edit, copy and paste, and find and replace text. Learn how to enhance the appearance of a document by using various formatting options, adjusting page layout, and proofing and printing documents. In Excel, the students will explore the Excel interface and learn how to navigate the spreadsheet. In addition, students will create a spreadsheet, edit, copy, and paste data, find and replace text, and format options. TWA

Course: LLP115 12 Hours

\$21 + \$78 fee = \$99; NMR add \$50

Rockville Campus 233GU

CRN#: 41477 6 Sessions T
6/11-7/23 10:30 a.m.-12:30 p.m.

No class 7/2

Instructor: Tina Denmark

Cybersecurity for Beginners (For people with a Non-Technical Background)

Develop a basic understanding of Cybersecurity to protect yourself from Online Frauds and prevent Identity Theft. Examine how hackers can steal your personal information. Analyze types and motives of cyber-attacks. Learn the best practices that are important to protect your information while using the internet. Explore the history of Cybersecurity. Learn key terminology, basic system concepts, and an introduction to the Cybersecurity field. TWA

Course: LLP041 5 Hours

\$24 + \$45 fee = \$69; NMR add \$50

Rockville Campus

CRN#: 11670 2 Sessions R
8/1-8/8 10:30 a.m.-1 p.m.

Online: Structured Remote

CRN#: 41473 2 Sessions W
6/5-6/12 6:30 p.m.-9 p.m.

Instructor: Jasmeet Kaur

Culinary Arts

Healthy Baking

Love desserts but want to maintain healthy diet? You do not have to sacrifice taste to make healthy desserts. It is matter of knowing what alternative ingredients to use and how to prepare them in recipes that will delight your loved ones and friends.

Course: LLP112 2.5 Hours

\$25 + \$30 fee = \$55; NMR add \$50

Online: Structured Remote

CRN#: 41475 1 Session M
6/10 6 p.m.-8:30 p.m.

Instructor: Annie Clemmons

International Cuisine—Cooking with a Chef

Do you miss enjoying the delectable cuisine offered while travelling? Now you can feel like you are on vacation from the safety and comfort of your own home. Learn how to prepare a variety of appetizers, entrees, and desserts from different countries and continents. Explore ingredients and flavor profiles from different cultures. Discuss international cooking techniques. This class is taught by a professional chef. TWA

Course: LLI629 6 Hours

\$59 + \$89 fee = \$148; NMR add \$120

Online: Structured Remote

CRN#: 11809 4 Sessions W
7/10-7/31 7 p.m.-8:30 p.m.

Instructor: TBA

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

History and Current Events

America's First Ladies: The Evolving Role & Traditions **NEW!**

Who are the America's first ladies known for a meaningful role in cultural and political life of the United States? Dolly Madison initiated an official role of the first lady, while exemplifying a role of the social hostess, she wielded a political influence behind the scenes. The expectations and requirements have shifted and evolved from private helpmate and ceremonial backdrop to partner and substantive world figure. This course is an exploration of the first 100 years of the fascinating history of our first ladies—including Abigail Adams, whose remember the ladies became a 20th-century feminist refrain; Jane Pierce, who prayed her husband would lose the election; and Mary Lincoln's role in keeping up morale during the Civil War to name a few. TWA

Course: LLP154 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 102MK

CRN#: 41645 5 Sessions T
6/4-7/2 10:30 a.m.-12:30 p.m.

Online: Structured Remote

CRN#: 41646 5 Sessions T
6/4-7/2 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremlum

Ancient Mythology & Its Modern Echoes **NEW!**

From Zeus and Achilles and Cupid to Narcissus ancient mythology shaped not just much of modern literature but is very present in most of our contemporary culture. This course is an exploration of these ancient stories of mighty gods, heroic mortals, and terrifying monsters that were circulated in ancient times and still resonate for us today—from the threat of Pandora's box to the idea of the Trojan horse. You will identify the themes and characters of these myths and find them in visual art, historical events, and modern cultural references from films, to pop music and graphic novels. You will also explore why these stories continue to fascinate us after so many centuries, and why the creation and sharing of myth is so important to cultures across space and time. TWA

Course: LLP155 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Online: Structured Remote

CRN#: 41488 4 Sessions F
6/7-6/28 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremlum

China Today **NEW!**

Would you like to get beyond the political rhetoric and stereotypes that Americans have about China? Using videos, readings and the instructor's long experience with Chinese journalists, you will discuss the role of the Chinese Communist Party; China's views of the world and U.S., in particular; how U.S.–China relations might look like in the future, including the prospects of conflict over Taiwan. Additionally, you will also be able to identify the domestic issues in China that increase tensions and to search for common ground and ways to ease those tensions. TWA

Course: LLP165 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Rockville Campus 103MK

CRN#: 41690 4 Sessions R
6/6-6/27 2 p.m.-4 p.m.

Instructor: Len Lazarick

Differing Historical Perspectives on Slavery in Maryland and the District of Columbia

New Content! The word "slavery" brings up a mental image of the "peculiar institution" as it existed in the Deep South right before the Civil War. Slavery in the Washington area was different. It began the same—in the late 1600s, Ninian Beall's tobacco plantation occupied the land where the White House is today—but it soon changed. After tobacco wore out the land, slavery made less sense, and it was hard to enforce with the increasingly diverse capital of the United States. By the time of the Civil War, Washington, D.C. still had slaves, but they lived among a population of free African Americans. Author James H. Johnston will discuss the differing perspectives on slavery that emerge from his two books, *The Recollections of Margaret Loughborough*, about a daughter of the Old Dominion of Virginia, and *From Slave Ship to Harvard*, which follows six generations of an African American family in Maryland. This class is offered in collaboration with Montgomery History.

Course: LLP177 3 Hours

\$15 + \$15 fee = \$30; NMR add \$30

Hybrid (Online & Face to Face)

CRN#: 41509 2 Sessions F
6/21-6/28 10:30 a.m.-12 p.m.

The second class session will meet at Josiah Henson Museum and Park at 11410 Old Georgetown Road North Bethesda, MD 20852. The admission fee is not included in the cost of the class.

Instructor: James Johnston

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Global Megacities **NEW!**

Did you know that the World now has over thirty cities with more than ten million residents—the so-called megacities? Learning through videos, slides, and images we will ‘visit’ one of these megacities each week. The cities are Sao Paulo, Brazil; Cairo, Egypt; Mumbai, India; and Mexico City, Mexico. During these visits, we will be focusing on the threats they face but also the opportunities they offer. Examining these huge cities, we will see how their success is vital not only to the progress of the countries they are in but also to the sustainable development of the planet more generally. TWA

Course: LLP159 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Rockville Campus 103MK

CRN#: 11903 4 Sessions M

7/8-7/29 10:30 a.m.-12:30 p.m.

Online: Structured Remote

CRN#: 11902 4 Sessions M

7/8-7/29 10:30 a.m.-12:30 p.m.

Instructor: Gareth Potts

How to Make Sense of Court Decisions— Beyond Reality Shows **NEW!**

Would you like to acquire knowledge about our legal system beyond what you pick up from television and social media—everything from dramas like Law and Order and reality shows like The People’s Court or Judge Judy? Take a deeper dive into real-life legal dramas such as the 2021 trial of Derek Chauvin in the George Floyd murder case, or the potential involuntary manslaughter case against actor Alec Baldwin, or how and why the U.S. Supreme Court overturned Roe v. Wade, as well as other decisions pertaining to healthcare, gun rights, the rights of criminal defendants, LGBTQ rights, voting rights, and affirmative action. Discussions will include the selection and role of judges within the court system, the nature of legal reasoning, and policymaking by American judges. You will also learn about key constitutional law principles and concepts. TWA

Course: LLP158 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 103MK

CRN#: 41485 3 Sessions M

6/3-6/17 10:30 a.m.-12:30 p.m.

Instructor: Candace Groudine

Key to Codes

TWA Senior Tuition Waiver Applies

NMR Non-Maryland Resident

CoL Colisted

Insight Into the Upcoming National Elections **NEW!**

Are you interested in the outcome of the general elections to be held in November of 2024? Do you want to know where the races for President, the US Senate, the US House and close races for state Governor stand in mid-summer? The course will present up-to-date analyses of where all of the closely contested races for those positions stand. You will then discuss the implication for the country of all of these races. TWA

Course: LLP156 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 103MK

CRN#: 11672 3 Sessions W

7/10-7/24 10:30 a.m.-12:30 p.m.

Instructor: Joel Cockrell

International Political and Social Issues

New Content! Learn about and share ideas on key pressing political and social issues that have an international impact. This is an opportunity for discussion and further learning on the headlines of the day, which may include looking to the 2024 elections; U.S. relations with its allies (in Europe & Asia) and adversaries (Russia, Iran, China); the Gaza war, the war in Ukraine; crucial elections around the globe, the national and international economy; race, gender, and ethnic politics; climate change; and the role of technology in society. The moderator and/or guest speakers will provide a list of suggested readings. TWA

Course: LLI692 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Rockville Campus 103MK

CRN#: 41612 6 Sessions R

6/6-7/18 10:30 a.m.-12:30 p.m.

No class 7/4

Online: Structured Remote

CRN#: 41610 6 Sessions R

6/6-7/18 10:30 a.m.-12:30 p.m.

No class 7/4

Instructor: Naomi Daremblum

If you would like to dedicate a class in memory of a loved one or make a donation in your loved one honor or memory or make a donation to the Lifelong Learning Institute in your loved one memory please email eric.scharf@montgomerycollege.edu

The 50s: A Retro Journey through American Pop Culture **NEW!**

The decade of Mickey Mantle, Marilyn Monroe and Mickey Mouse, the 1950s heralded more than just the baby boomer generation. Take a retro journey through the decade that brought us Elvis, Chuck Berry & Little Richard; when nightly TV watching of shows like I Love Lucy and Gunsmoke became family time; film Noir took over the silver screen and Barbie came into our lives. Explore and discuss the most iconic popular culture trends of the decade and analyze how these trends still shapes our current pop culture. TWA

Course: LLP162 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Online: Structured Remote

CRN#: 41496 4 Sessions W

5/15-6/5 6:30 p.m.-8:30 p.m.

Instructor: Naomi Daremblum

The History and Lives of the Americas' Most Notorious Pirates **NEW!**

Although caricatured everywhere in popular culture from films like Pirates of the Caribbean to talk like pirate day celebrations, pirates in reality have a more complex role in our hemisphere's history. Explore the dramatic and surprising Golden Age of piracy—spanning the late 1600s through the 1700s—when lawless pirates plied the coastal waters from the Caribbean to North & South America, expanding trade opportunities and serving sometimes as proxy conquerors. We will discuss the engrossing and roguish lives of star pirates like towering Blackbeard, ill-fated Captain Kidd, sadistic Edward Low and Anne Bonny. TWA

Course: LLP157 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Rockville Campus 103MK

CRN#: 41487 4 Sessions M

6/3-6/24 1:30 p.m.-3:30 p.m.

Online: Structure Remote

CRN# 41684 4 Sessions

6/3-6/24 1:30 p.m.-3:30 p.m.

Instructor: Naomi Daremblum

The Vatican: Secrets & Treasures **NEW!**

The Vatican is both the smallest nation on earth and the spiritual center of the Catholic Church. It is also full of mysteries, secrets, and treasures. This is a tour of the Vatican's 2000-year history, its architecture, its many artistic treasures, and some of its most beguiling mysteries (like its secret archives, the Borgia apartments, and the catacombs of Saint Callixtus just to name a few). Learn the history of this unique city and its artistic and architectural development. Discuss the many artistic treasures on display and explore some of the many secret holdings that have been slowly revealed. TWA

Course: LLP173 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Rockville Campus 102MK

CRN#: 11694 4 Sessions T

7/9-7/30 10:30 a.m.-12:30 p.m.

Online: Structured Remote

CRN#: 11700 4 Sessions T

7/9-7/30 10:30 a.m.-12:30 p.m.

Instructor: Naomi Daremblum

UFOs: Real or Imagined? **NEW!**

Long described as science fiction or the public's delusions, a 2021 federal task force report actually found a handful of reported UFO incidents appeared to demonstrate advanced technology. Not to be outdone, a news report last year claimed the CIA had recovered UFOs from 9 different crash sites. This class is an exploration of fact, fiction and speculation about UFOs and extraterrestrial life—from Roswell and area 51 to the recent government whistleblower allegations about a UFO coverup. TWA

Course: LLP167 8 Hours

\$64 + \$84 fee = \$148; NMR add \$120

Rockville Campus 102MK

CRN#: 11674 4 Sessions T

7/9-7/30 1:30 p.m.-3:30 p.m.

Online: Structured Remote

CRN#: 11675 4 Sessions T

7/9-7/30 1:30 p.m.-3:30 p.m.

Instructor: Naomi Daremblum

Consider making a donation to the emergency funds for MC students.

Visit montgomerycollege.edu/onlinegiving and click on "student emergency assistance" in the dropdown menu.

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Home and Garden

Annuals and Perennials for Mid-Atlantic Landscape

In this course the focus will be on creating greater diversity annuals and perennials within the regional landscape. Developing year-round interest through species selection allows the homeowner and professional to expand the use of their garden space. Landscaping professionals and homeowners can effectively create diversity within the landscape to integrate for seasonal interest within residential landscape design. Educating the homeowner and landscaping professional to select both perennials and annuals that reduce the use of invasive species and utilize native species to enhance the residential landscape. Discussions relating to the need to include perennials, annuals, bulbs, and seed sown into the landscape to bring a diversity of wildlife to the landscape including pollinators. Additionally, discussions will be included on reducing the effects of deer damage within the landscape through plant selection. TWA

Course: LLP152 5 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Online: Structured Remote

CRN#: 41482 2 Sessions T

6/4-6/11 6:30 p.m.-9 p.m.

Instructor: Janet Johnson

Garden Design

Do you ever wish you could have a beautiful home garden? In this course, garden enthusiasts and homeowners will examine the basics of garden design. You will discuss current garden trends; and how to integrate the architecture of your home/buildings into the landscape for a cohesive overall design. You will focus on using plants and materials that are suitable for the Mid-Atlantic region to create a garden design suitable for your own home. TWA

Course: LLI519 8 Hours

\$59 + \$79 fee = \$138; NMR add \$120

Rockville Campus 103MK

CRN#: 41600 4 Sessions T

6/18-7/16 6:30 p.m.-8:30 p.m.

No class 7/2

Instructor: Janet Johnson

Orchids: How to Grow and Bloom

Discover how to be successful with orchid selection in the home environment. Learn how to purchase, care, transplant, and water your orchids. Discuss how to rebloom your orchid, when to fertilize, and when to root prune.

Course: LLI022 3 Hours

\$15 + \$15 fee = \$30; NMR add \$30

Online: Structured Remote

CRN#: 11824 1 Session S

8/10 1 p.m.-4 p.m.

Instructor: Janet Johnson

Human and Natural Science

Pandemics: Origins, Prevention and Detection **NEW!**

Do you know that 70% of all new human diseases in the past 50 years have an animal origin? Join the class and learn the origins, detection, prevention, and causes of human pandemics—Avian Flu, HIV/AIDS, SARS, Ebola, COVID-19, and others. The One Health approach will be discussed to demonstrate how human, animal, and environmental health specialists can be linked in coordinated actions to identify and mitigate the risks of existing and novel pathogens with pandemic potential. The material draws on the instructor's 20 years of experience leading Emerging Pandemic Threats in over 40 countries in Asia, Africa, and Eastern Europe. Suggested Readings (not required): *The Great Influenza* by John Barry and *Spillover* by David Quammen. TWA

Course: LLP174 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Rockville Campus 102MK

CRN#: 11704 3 Sessions M

7/22-8/5 10:30 a.m.-12:30 p.m.

Instructor: Jerry Martin

Become a Lifelong Learning Ambassador!

Stay active and engaged by becoming a volunteer—LLI Ambassador. As an ambassador you will help with community outreach by finding online, and in the community, distribution points for LLI marketing materials: catalogs, brochures, and online ads. Your responsibilities may also include interacting with community members via phone and marketing the LLI program with our team at community events (when face-to-face events resume).

Please email eric.scharf@montgomerycollege.edu

Potomac, a History of the River and the Land **NEW!**

The Potomac River, the dominant geological feature of Montgomery County, has also played a dominant role in American history. It was the first interstate waterway in North America, the spawning ground for the Constitution, and a protective barrier in the Civil War. To travelers today, it is a time tunnel to 250 million years of history. Learn this history from Jim Johnston and then walk along the river to see the Potomac in a new way. The class is offered in partnership with Montgomery History.

Course: LLP178 3 Hours

\$15 + \$20 fee = \$35; NMR add \$30

Hybrid (Online & Face to Face)

CRN#: 41508 2 Sessions F
5/17-5/24 10:30 a.m.-12 p.m.

The second class session will meet in the field. The instructor will specify the meeting location.

Instructor: Jim Johnston

Understanding and Protecting Chesapeake Bay Watershed **NEW!**

What does it mean to live in the “watershed” of the Chesapeake Bay? We will spend time learning about the issues that are currently facing the Chesapeake Bay and get a deeper understanding of how our actions directly contribute to the health of the Bay. We will have a half-day hands-on investigation of a local stream, during which we will do a variety of observations and protocols to learn about the overall health of this part of the watershed. This will include getting in the stream and finding “macroinvertebrates” and learning how these indicate the health of the water. Note: We will borrow the boots from the Lathrop Smith Center (5110 Meadowside Ln, Rockville, MD 20855) we shouldn't get wet while exploring the stream.

Course: LLP180 6 Hours

\$59 + \$74 fee = \$133; NMR add \$120

Hybrid: (Online and Face to Face)

CRN#: 41665 3 Sessions M
5/7-5/21 10:30 a.m.-12:30 p.m.

Class on 5/14 will meet at the Lathrop Smith Center (5110 Meadowside Ln, Rockville, MD 20855).

Instructor: Dorian Janney

Literature and Writing

Appreciating Poetry

The Best Poetry From Around the World

Do you love other cultures? Do you love poetry? Would you like to better understand poetry? Would you like to better understand literature from other cultures? Read and explore poems from countries including China, Japan, Italy, France, Spain, Germany, Russia, Poland, Chile, Iran, Argentina, Peru, and Mexico. Analyze the political, socio-cultural, and historical contexts of poems, as well as the poet's career, poetic fashions, poetic trends, and the reader's response. All readings will be provided. All readings are in English, but speakers of other languages are welcome to attend. TWA

Course: LLI086 6 Hours

\$45 + \$72 fee = \$117; NMR add \$120

Rockville Campus 103MK

CRN#: 11822 3 Sessions T
7/16-7/30 1:30 p.m.-3:30 p.m.

Instructor: Marianne Szlyk

The Best of Film Noir

This course is an exploration of the classic genre of film noir—where detectives & femme fatales inhabit the shadows of urban living. The major period of noir falls between *The Maltese Falcon* in 1948 and *A Touch of Evil* in 1958, but this course extends beyond this period, in order to study the influence of the genre on global cinema. Watch and discuss some of the most acclaimed noir films—gritty classics like *The Maltese Falcon* and *Laura*, master of the genre Hitchcock's *Rope*, later adaptations like *Chinatown* and the iconic French interpretation *Diabolique*. All films will be available online or provided by the instructor. TWA

Course: LLP164 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Online: Structured Remote

CRN#: 11673 5 Sessions M
7/8-8/5 1:30 p.m.-3:30 p.m.

Instructor: Naomi Daremblum

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Would you like to teach for the Lifelong Learning Institute?

Please email eric.scharf@montgomerycollege.edu

Three Great Novellas: Capote, Duras, and Steinbeck **NEW!**

In this course we will read and discuss three of the best novellas of the 20th century: *Breakfast at Tiffany's* by Truman Capote, *The Lover* by Marguerite Duras, and *Of Mice and Men* by John Steinbeck. Through close textual readings and class discussions, participants will examine the major themes of the novellas. We will also analyze how each writer's unique prose style contributes to the success of their work and will discuss how style and content can be mutually supportive. We will examine the biographies of all three writers and will identify important biographical details that shaped their lives and work. We will also watch scenes from filmed versions of the novellas and will compare them with the written work. TWA

Course: LLP169 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Online: Structured Remote

CRN#: 41501 6 Sessions R

6/20-8/1 1:30 p.m.-3:30 p.m.

No class 7/4

Instructor: Robert Jacobs

Twist and Shout! Short Stories with Surprise Elements **NEW!**

Everyone loves a story with a twist: a surprise revelation; a mystery with red herrings; or an unexpected role reversal. Join this class and grapple with complex plots, revel in suspense and tension, examine potential foreshadowing, and evaluate the craft of writers as they try to outwit their reading public. Stories with a twist offer depth and complexity, and they ask us to be agile readers. If you're ready to be surprised, delighted, and challenged, this is the short story class for you! The instructor will provide pdfs of literary pieces. TWA

Course: LLP160 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Online: Structured Remote

CRN#: 41491 5 Sessions M

6/3-7/1 10:30 a.m.-12:30 p.m.

Instructor: Ann Stephenson

Writing the Short Story: An Introduction to Creative Writing

Ever think about writing a short story? Learn the craft elements that can make a story sing, as well as some ways of coming up with ideas on what to write about. You will read short stories, try your hand at different writing exercises, and have the opportunity to workshop one short story. Discuss how to create compelling characters, plots and story structure. Learn how to get your work published. Required text will be listed on LLI website. Required text: *The World's Greatest Short Stories*, Dover Third editions: TWA

Course: LLP059 12 Hours

\$75 + \$97 fee = \$172; NMR add \$120

Online: Structured Remote

CRN#: 41474 6 Sessions R

6/13-7/25 6:30 p.m.-8:30 p.m.

No class 7/4

Instructor: Ethan Goffman

Music

Piano Conversations: Franz Liszt's —A Passion and Salvation

Join the concert pianist, Magdalina Melkonyan, for an exploration of the life and music of Franz Liszt. Liszt, a virtuoso-pianist, innovative conductor, and prolific composer, captured the hearts of his audiences and left an enduring impact on the composers and pianists that followed. This class includes mini-lectures, discussions, and live piano performances. You will gain an insight into Liszt's musical works, his passions, and inspirations, as well as his influences on other composers. TWA

Course: LLI137 6 Hours

\$30 + \$60 fee = \$90; NMR add \$50

Rockville Campus

CRN#: 41647 4 Sessions R

5/16-6/6 2 p.m.-3:30 p.m.

Instructor: Magdalina Melkonyan

Key to Codes

TWA Senior Tuition Waiver Applies

NMR Non-Maryland Resident

CoL Colisted

Interested in receiving the Lifelong Learning Institute e-newsletter, class updates, and free events?

Just e-mail:

eric.scharf@montgomerycollege.edu

or visit our website to sign-up to be placed on our mailing list.

<https://bit.ly/LLI-MailingList>

Rocking With Musicals **NEW!**

On April 29, 1968, rock music arrived on Broadway with the premiere of *Hair* at the Biltmore Theatre. Ever since, a steady stream of great rock musicals, based on concept albums, song cycles and even album musicals, from *Hair* to *Hedwig*, *Jesus Christ Superstar* to *The Book of Mormon* and *Dear Evan Hansen* have established a solid foothold on the Broadway stage. You will take a look at rock musicals that have appeared on Broadway and proven popular with audiences over time—including such productions as *Rent*, *Grease*, and *The Who's Tommy* through in-depth surveys of the impact of the music and lyrics on American theatre. TWA

Course: LLP161 10 Hours

\$69 + \$92 fee = \$161; NMR add \$120

Rockville Campus 102MK

CRN#: 41492 5 Sessions R
6/13-7/18 10:30 a.m.-12:30 p.m.

No class 7/4

Online: Structured Remote

CRN#: 41493 5 Sessions R
6/13-7/18 10:30 a.m.-12:30 p.m.

No class 7/4

Instructor: Jesse Parker

Personal Enrichment

Bridge for Beginners

Bridge is by far the greatest card game of all. It provides immense challenges and enjoyment for the rest of your life. This course is intended for newcomers to the game and players who haven't played in years. The 6-week course will cover the fundamentals of modern bidding, play of the hand, some defensive principles, and more.

Course: LLI942 12 Hours

\$60 + \$79 fee = \$139; NMR add \$120

Rockville Campus 103MK

CRN#: 41622 6 Sessions W
6/5-7/24 7 p.m.-9 p.m.

No class 6/19, 7/3

Instructor: David Dong

Personal Finance Academy

Retirement Finances—What You Need to Know **NEW!**

How much money will I need in retirement? Where will it come from? Whether you are getting ready for a future retirement or you are already in it, this course will address and provide strategies for all of your retirement planning. Topics include: cash flow, insurance options, investments, and tax and estate considerations.

Workbook and worksheets included. TWA

Course: PRF149 6 Hours

\$40 + \$69 fee = \$109; NMR add \$120

Rockville Campus 101MK

CRN#: 41445 3 Sessions T
6/11-6/25 2 p.m.-4 p.m.

Instructor: TBA

Health Care Insurance for Retirement

This course will address the major components of retiree health care: Medicare, Medicare Advantage Plans, and Long-Term Care. Health care costs typically rise at twice the inflation rate, so the course will also address ways to fund this expense through tax-advantaged plans. Determine the cost of supplemental coverage, evaluate your ability to pay for health care not covered by federal or state programs, and be able to project your health care expenses. The target audience for this course are those who are newly retired and those who plan to retire within 2 years. TWA

Course: PRF139 6 Hours

\$30 + \$69 fee = \$99; NMR add \$50

Online: Structured Remote

CRN#: 41430 3 Sessions M
6/24-7/15 4 p.m.-6 p.m.

No class 7/1

Instructor Mark Gottlieb

Making Smart Investment Decisions

Making smart investment decisions can make a big difference over your life time and especially what you save for your retirement. With some basic understanding of investment products and risk and return, you can take steps to grow your nest egg. Discuss investment products, risk and return, volatility, and how fees can impact your portfolio. Learn the questions to ask before you invest, the red flags of fraud, and how to use the free resources on Investor.gov, the SEC's online portal for individual investors.

Course: PRF178 1.5 Hours

\$10 + \$10 fee = \$20; NMR add \$30

Online: Structured Remote

CRN#: 41450 1 Session W
6/12 6:30 p.m.-8 p.m.

Instructor: Alan Sorcher

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Maximizing Social Security Benefits

Social Security is a cornerstone of retirement income for most Americans. Yet the nuances of how/when to receive benefits are often overlooked and can lead to missed opportunities. This course will address individual and couple's benefits, special situations for widows and ex-spouses, reductions due to federal pensions, and taxation of benefits. The target audience for this course are those who are newly retired and who plan to retire within the next few years.

Course: PRF159 3 Hours

\$20 + \$20 fee = \$40; NMR add \$30

Online: Structured Remote

CRN#: 41438 1 Session W
6/26 6:30 p.m.-9:30 p.m.

Instructor: Neal Seagle

Money Management and Investment for Millennials

How to save and invest for things you need: home, education, retirement, and financial goals? Explore ways to pay off your loans or debts. Discuss how to save, generate revenue streams, and invest. Create a budget plan to help you achieve the financial future you want. Discuss the best way to keep track of your money. TWA

Course: PRF189 5 Hours

\$15 + \$30 fee = \$45; NMR add \$30

Online: Structured Remote

CRN#: 41439 2 Sessions M
6/10-6/17 6:30 p.m.-9 p.m.

Instructor: Jeffrey Schweighoffer

Probate in Maryland: An Overview for Executors-To-Be

An overview of the probate process in Maryland, and more specifically in Montgomery County, including: a review of determining whether a probate is necessary; how to open a probate estate; how the estate is administered; and how the estate is closed. Explore the documents used by the Register of Wills; learn how to determine if an asset is a probate asset or a non-probate asset; and how to deal with claims and debts against the estate. Discuss the costs of probate, including the fees owed to the personal representative (executor) and attorneys. TWA

Course: PRF033 5 Hours

\$60 + \$65 fee = \$125; NMR add \$120

Online: Structured Remote

CRN#: 11605 2 Sessions R
7/18-7/25 6:30 p.m.-9 p.m.

Instructor: Lorryn Logan

Retirement Planning Today

Learn about the many ways to save for retirement as well as the advantages and disadvantages of each. Discover how to save money on taxes, manage investment risks, and protect your assets from potential long-term health care expenses. Fee includes a course workbook and study aids. TWA

Course: PRF169 6 Hours

\$25 + \$57 fee = \$82; NMR add \$50

Takoma Park/Silver Spring Campus 202CU

CRN#: 41437 2 Sessions T
5/14-5/21 6:30 p.m.-9:30 p.m.

CRN#: 41436 2 Sessions W
5/22-5/29 6:30 p.m.-9:30 p.m.

Instructor: Perry Lazarus and Allison McCarty

Online: Structured Remote

CRN#: 41435 2 Sessions W
6/5-6/12 6:30 p.m.-9:30 p.m.

Instructor: Russell Chomas and James Ingoe

Stocks, Bonds, Mutual Funds, and ETFs Explained

Whether you manage your own investments or someone manages them for you, it is important to understand the different types of investments. In this course, an experienced investment advisor and Certified Financial Planner explains advantages and disadvantages of different investments, risks, ways to own investments, asset allocation, tax considerations, historical performance, and more. For instance, are Exchange Traded Funds (ETFs) better than mutual funds? TWA

Course: PRF172 5 Hours

\$50 + \$65 fee = \$115; NMR add \$120

Online: Structured Remote

CRN#: 11599 2 Sessions M
7/15-7/22 6:30 p.m.-9 p.m.

Instructor: Jeff Schweighoffer

Update Your Email and Contact Information

Please contact customer service (240-567-5188) to update your email address or other contact information so you can receive the classroom instructions. Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. Please email us, the day before your class, if you do not hear from the instructor.

eric.scharf@montgomerycollege.edu

Wills and Estates

Take a deep dive into personal estate planning. Learn about the real differences between wills and revocable trusts; why everyone always needs a power of attorney and health care directives; and what it really means to go through Maryland probate (and how to avoid that if appropriate). Topics include the use (and misuse) of revocable living trusts, the pros, cons and dangers of joint ownership, the right way to make and receive gifts (and why there is a very wrong way), and the impact of the Federal estate tax and Maryland's two separate death taxes on your estate. TWA

Course: PRF171 6 Hours

\$60 + \$75 fee = \$135; NMR add \$120

Online: Structured Remote

CRN#: 41442 2 Sessions W
6/5-6/12 6:30 p.m.-9:30 p.m.

Instructor: TBA

CRN#: 11602 2 Sessions T
7/30-8/6 6:30 p.m.-9:30 p.m.

Instructor: Lindsey Sarowitz

Wellness

Building Bones and Muscle Strength

Learn ways in which to strengthen your bones and muscles and keep them healthy. Explore proper posture and exercising techniques to help avoid injuries. Practice balance exercises, using low hand and leg weights, and resistance training to increase muscle strength and bone density.

Course: LLI641 5 Hours

\$30 + \$49 fee = \$79; NMR add \$50

Rockville Campus PE131

CRN#: 11813 5 Sessions W
7/10-8/7 10 a.m.-11 a.m.

Instructor: Chris Harris

Missing Your Zoom Link?

Your instructor will contact you 3 days before the start of your LLI class to provide you with class information. If you do not receive your link, please check your spam folder. If it is not there, email us, the day before your class starts.

eric.scharf@montgomerycollege.edu

Gentle Yoga for Mood and Strength

Learn postures that strengthen muscles to support joints while creating stronger bones. Explore postures to balance strength with flexibility and create more energy. Practice breathing techniques to calm the nervous system and decrease anxiety. Bring awareness to alignment in the spine and body to achieve improved balance. Understand the interconnectedness of the body's systems to treat the body as a whole.

Course: LLI723 6 Hours

\$34 + \$35 fee = \$69; NMR add \$50

Rockville Campus 131PE

CRN#: 11871 6 Sessions F
6/21-8/2 9 a.m.-10 a.m.

No class 7/5

Online: Structured Remote

CRN#: 11829 6 Sessions F
6/21-8/2 9 a.m.-10 a.m.

No class 7/5

Instructor: Monica Byrd

Gentle Water Fitness for Muscle Tone and Cardio

Former Water Exercise, now LLI class for 50+ Gentle exercises providing for optimum fitness. Learn how to use water resistance to develop muscle tone and flexibility, as well as increase endurance. Practice techniques using water buoyancy to aid in relaxation, stress reduction, and mood enhancement. Apply gentle water exercise to increase cardio health and help with chronic conditions. This course will be presented at several different difficulty levels and is not a swimming course.

Course: LLI595 10 Hours

\$30 + \$57 fee = \$87; NMR add \$50

Germantown Campus PG Pool

CRN#: 41648 12 Sessions T R
6/4-7/16 10 a.m.-10:50 a.m.

No class 7/4

Instructor: Kim Harris

Rockville Campus PE Pool

CRN#: 41602 12 Sessions M
5/13-8/5 9 a.m.-9:50 a.m.

No class 5/27

Instructor: TBA

Wellness Supply List!

Material lists for LLI Wellness classes are available at

www.montgomerycollege.edu/lifelonglearning/

Improving Balance, Posture, and Core Strength

Have you noticed that your ability to balance is not as good as it used to be? Examine the two factors that can cause decreased ability to balance: poor posture and decreased muscle strength. Learn exercises that improve core and lower body muscle strength, posture, and balance. Discuss tips for maintaining good posture throughout your daily activities. This class will include standing, sitting, and exercises on the floor. Please bring a yoga mat.

Course: LLI676 7.5 Hours

\$50 + \$29 fee = \$79; NMR add \$50

Rockville Campus 121PE

CRN#: 41603 9 Sessions M

6/3-7/29 9:30 a.m.-10:20 a.m.

Instructor: Kim Harris

Line Dancing for Everyone

Line dancing is a form of exercise that will help you stay fit and relieve stress while having fun. Explore your own style of dance while learning fun, popular, social line dances that can be done at weddings, holiday functions, and more. Examine dances that use music from multiple genres, including: country, soul pop, Latin, and much more. This class is partner free and designed for all levels in a free flowing and fun atmosphere!

Course: LLP149 8 Hours

\$44 + \$35 fee = \$79; NMR add \$50

Rockville Campus 137A PE

CRN#: 41479 8 Sessions M

6/3-7/29 6 p.m.-7 p.m.

No class 7/1

Instructor: Gizelle Merced

Takoma Park/Silver Spring Campus 205CU

CRN#: 41478 8 Sessions R

6/20-8/15 6 p.m.-7 p.m.

No class 7/4

Instructor: Anna Erwin

Tai Chi for Physical and Mental Well-being— Summer Fitness

It is common knowledge that exercise is beneficial to both physical and mental health. While there are many forms of gentle exercise practiced today, tai chi, an ancient Chinese tradition, is widely popular and beneficial. In this course, you will learn a variety of graceful, slow movements performed in a focused manner and accompanied by deep breathing. These low impact movements put minimal stress on muscles and joints. Some of tai chi benefits are: decreased stress, anxiety and depression; increased energy, stamina, flexibility, and balance; lower blood pressure; and enhanced quality of sleep.

Course: LLI277 6 Hours

\$40 + \$29 fee = \$69; NMR add \$50

Rockville Campus 131PE

CRN#: 41597 6 Sessions W

6/5-7/24 2:10 p.m.-3:10 p.m.

No class 6/19, 7/3

Instructor: Glenn Moy



OPEN HOUSE!

Join us on for an Lifelong Learning Open House

**May 3 from 10 a.m.–1 p.m.
at the Mannakee Building,
1st Floor, 900 Hungerford Drive,
Rockville, Maryland.**

Enjoy attending free mini-lectures, exercise, and cooking demo classes.

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Registration Options

Regardless of which registration option you select, registrants will be enrolled in the order that registration and payments are received (to avoid disappointment, register early); payment is required at the time of registration. All students must register prior to attending the first class.

Payments

Payment MUST be made IN FULL at the time of registration to avoid being deleted from the course. Complete information is required to process all registrations and payments. Further instructions for WEB, FAX, or MAIL-IN payments can be found at: www.montgomerycollege.edu/wdce/registerops.html.

Registration will not be processed without appropriate payment.

Option 1: In-Person Registration

A completed form with payment may be submitted in person at any of these Montgomery College Campus registration areas:

Gaithersburg Business Training Center Room 400

8:30 a.m.–9 p.m. (M–R)

8:30 a.m.–4:30 p.m. (F)

8:30 a.m.–4 p.m. (S) *Currently closed on Saturday.*

Germantown Campus Humanities and Social Sciences Building Room 241 and/or 243

8:30 a.m.–5 p.m. (M–R)

8:30 a.m.–4:30 p.m. (F)

Rockville Campus 220 Campus Center

8:30 a.m.–5 p.m. (M–F)

8:30 a.m.–12 p.m. (S)

Takoma Park/Silver Spring Campus 230 CF, Customer Service

8:30 a.m.–5 p.m. (M–R)

8:30 a.m.–4:30 p.m. (F)

***Cash payments can only be made at the Cashier's Offices at the Germantown, Rockville, or Takoma Park/Silver Spring Campuses.

Option 2: Online (Web) Registration

- Go to montgomerycollege.edu/wdce
- Click on "How to Register" in the left navigation bar.
- Click on "Register by Web."
- Follow the appropriate directions depending on if you are a new or returning student.

Option 3: Mail Registration

Send completed form with payment for total due to Montgomery College, WDCE, 51 Mannakee St., Rockville, MD 20850.

Option 4: Fax Registration

Fax completed form with payment information to WDCE at 240-683-6945.

Residential Policy

The following are general guidelines taken from the College policy on residency for tuition purposes. A complete copy of the policy is available in the Montgomery College Catalog.

- Students attending Montgomery College will pay tuition according to their residency classification.
To qualify for in-state tuition, a student must be a U.S. Citizen, Permanent Resident or have a qualifying Visa status.
- To qualify, for tuition purposes, as a resident of the state of Maryland, legal domicile must have been maintained for a period of not less than three months prior to the first regularly scheduled class for the semester; unless you are a member of the Military covered under HB935.
- The domicile of a person registering in a noncredit course at Montgomery College shall be considered as a person's permanent place of abode, where physical presence and possessions are maintained, and where he/she intends to remain indefinitely.

Refund Policy

Refunds are paid at 100% for classes canceled, dropped online, or in person (using a Drop Form), prior to the start date of the class. Refunds are also paid at 100% if class is dropped prior to the Refund Date printed on your registration confirmation. **DO NOT drop classes online.** You will not receive a refund. ESL Noncredit students must call 240-567-7262 for refund/withdrawal instructions. Refunds for open enrollment classes will go to the registered student of record. For the Drop Form and more information, visit www.montgomerycollege.edu/wdce/register/refundpolicy.html.

Transfer Policy

To transfer from one CRN to another CRN of the same course, a letter must be received in the Admissions, Records, and Registration Office, Montgomery College, 51 Mannakee Street, Rockville, MD 20850 before the beginning date of both CRNs of the course. If you have enrolled in a co-listed course you will have only one day after the class has begun to transfer. After that, you are committed to your path for the remainder of the course. If the course has a required assessment level to be a credit student, you must first complete the assessment testing and meet the appropriate assessment level before you can change to credit status.

Tuition Waiver

Only noncredit courses designated "tuition waiver applies" in each publication will be available for tuition waiver. This statement appears in each applicable course description. Only tuition is waived; required fees must be paid by the student. Documents must be received at time of registration.

Senior Tuition Waiver (TWA): Maryland residents 60 years or older by the start date of the class may have tuition waived.

Disability Tuition Waiver: Please go to montgomerycollege.edu/wdce/register/disabilitywaiver.html for information.

National Guard Tuition Waiver: If you are currently a member of the Maryland National guard and are enlisted for at least a 24-month period, you are eligible for a 50 percent tuition waiver. You must submit proof of such from the adjutant general's office.

VA-Approved Course: Courses indicated with this **VAA** code are approved for VA educational benefits under Title 38, U.S.C., Section 3676. (Post 9/11 GI Bill). For more information, visit www.montgomerycollege.edu/wdce/registerops.html.

Co-Listed Classes

Classes marked with this code **Col** are co-listed. They are offered so that students may register either for credit or continuing education (noncredit) status. Co-listing gives students an option to choose the best path for their educational needs. Each section includes both credit and noncredit students. For students seeking credit classes, please consult the credit course schedule. The expectations for attendance, participation, and effort are the same for all students. Instructors will announce policies concerning class activities.

Room Numbers

Room numbers will be printed on your registration receipt for classes held on our campuses. Please be sure to keep the receipt for your records. Room numbers can also be found online.

Day Designation

M Monday
T Tuesday
W Wednesday
R Thursday
F Friday
S Saturday
U Sunday

Key to Codes

TWA Senior Tuition Waiver Applies
NMR Non-Maryland Resident
Col Colisted

**Lifelong Learning Institute
Summer 2024 Course Schedule**

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The Lifelong Learning Institute is committed to creating intellectually stimulating educational opportunities for Montgomery County residents age 50 and over. Adults of any age may register for these classes. Maryland residents age 60+ pay fee only. For more information, please visit: www.montgomerycollege.edu/lifelonglearning.